

## **Key Factors Related to Tobacco Use Cessation**

### **Demographics**

Female, married, higher education and higher income more likely to quit

### **Interpersonal**

Family and friends disapprove of smoking

Family and friends are non-smokers

Physicians encourage and reinforce cessation

### **Environment**

High cost of cigarettes

No-smoking policy environment

Social norms

No access to cigarettes in youth environment

Quitting resources

### **Related Behaviors**

Does not use other substances such as drugs or alcohol

### **Physiological**

Tobacco dependence and depression

### **Quit Smoking**

(Actions depend on stage of change)

### **Process of Change**

Consciousness raising (PC-C)

Dramatic relief (PC – C)

Environmental reevaluation (PC-C)

Self-reevaluation (C-P)

Self-liberation (P-A)

Reinforcement management (A- M)

Counter conditioning (A- M)

### **Attitudes, beliefs and values**

Intent to quit in the future

Values own health

Self-efficacy

Past quit attempt

Reactivity to social cues

Perception other believe smoking is not smart, bothers others, thus feels embarrassed to smoke

Outcome expectations: Better health, smell good, fewer wrinkles, boredom (-), difficulty concentrating (-) weight gain (-), nervous, irritable (-)



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